

GONNERS

Progressive fitness



Hip mobility

- Clock stretch
- Yogi squat rotation
- Cossack shifts
- knee inverts
- leg raises

1

KEY NOTES

Move through movements slowly and with control.

2

KEY NOTES

Remember to breathe to increase depth and range of motion.

3

KEY NOTES

Avoid ballistic stretching which can strain muscles and cause injury.



Tip 1

Incorporate 2-3 sessions per week



Tip 2

Aim to perform 10-12 reps per side



Tip 3

Perform mobility and stretching before and after sessions for maximum results